MOUNTNESSING PRIMARY SCHOOL WEEK 1 27.4.15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option A	LASAGNE AND SWEETCORN WITH GARLIC BREAD	BATTERED CHICKEN GOUJONS WITH TOMATO KETCHUP, CHIPS, BAKED BEANS	ROAST GAMMON STEAKS CRISPY ROAST POTATOES AND FRESH SEASONAL VEGETABLES AND GRAVY (GF)	SPAGHETTI BOLOGNAISE WITH PASTA (GF)	OVEN BAKED FISH FILLET WITH BREADCRUMBS, POTATO WEDGES, GARDEN PEAS
Option B	FRESH BAKED HAM, CHEESE OR TUNA BAGUETTE OR JACKET POTATO	JACKET POTATO TOPPED WITH CHEESE OR BAGUETTE WITH HAM, CHEESE OR TUNA	FRESH BAKED HAM, CHEESE OR TUNA BAGUETTE OR JACKET POTATO	JACKET POTATO TOPPED WITH CHEESE OR BAGUETTE WITH HAM, CHEESE OR TUNA	FRESH BAKED HAM, CHEESE OR TUNA BAGUETTE OR JACKET POTATO

Choice from a Selection of Salad Bowls. Sweetcorn, Cucumber, Tomatoes, Lettuce, Carrots, Raisins

Fresh Bread available everyday

	FRUIT AND YOGURT	CHOCOLATE MOUSE	ICE CREAM	FRESH YOGURT	FRESH FRUIT PLATTER

GF – Gluten Free

Choice from a Selection of Salad Bowls

Sweetcorn, Cucumber, Tomatoes, Lettuce, Carrots, Raisins

FRESH BREAD AVAILABLE EVERYDAY

I wish …….. to have meals on the following days w/c 27.4.15

Monday		*Tuesday*		*Wednesday*		*Thursday*		*Friday*	
A	*B*	*A*	*B*	*A*	*B*	*A*	*B*	*A*	*B*

Please circle the days that a meal is required and your option a or b

I enclose £ for days' meals. (£2.00 per day)

CHEQUES PAYABLE TO ESSEX COUNTY COUNCIL

Please write your address on the reverse of the cheque

Form and payment IN A MARKED ENVELOPE to school on Monday morning please

THANK YOU